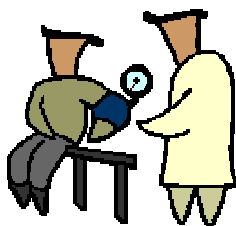


# *National High Blood Pressure Education Month*



## **Blood Pressure Screenings**

The American Red Cross and Ireland Army Community Hospital, Health & Wellness Center will offer the following blood pressure screenings on:

May 6, 2003 (Commissary 0900-1300)

May 17, 2003  
(Post Exchange 1000-1500)

And every Wednesday during the month from 0800-1130, at the Health & Wellness Center.

## **Video of the Month**

"Hypertension"

(HP-165)

This video is available for viewing or for checkout. Internet access, audiotapes, videotapes and books are also available.

The Health and Wellness Center Resource Room will give away a electronic blood pressure machine (\$36.00 value) on 30 May at 1300.

Visit the Resource Room and register for this valuable gift. Open to the entire Fort Knox community.

Open to active duty, retirees, family members and Fort Knox Civilian employees.